

CHOKING/CPR

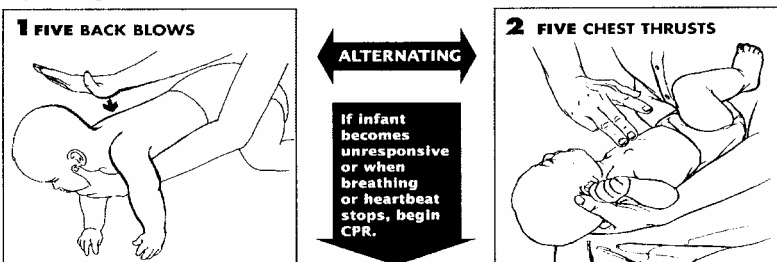
Call 911 or an Emergency Number after starting rescue efforts.

LEARN AND PRACTICE CPR

FOR INFANTS UNDER ONE YEAR

INFANT CHOKING

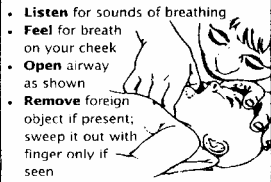
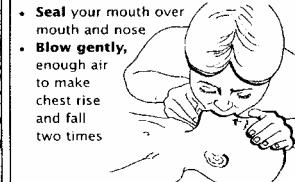
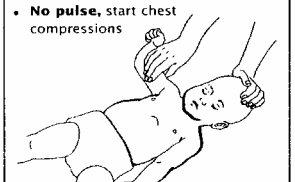
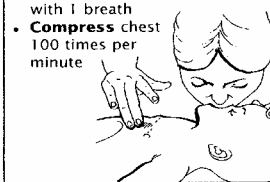
Begin the following if the infant is choking and is unable to breathe. However, if the infant is coughing, crying, or speaking, DO NOT do any of the following, but call your doctor for further advice.



INFANT CPR

Cardiopulmonary Resuscitation

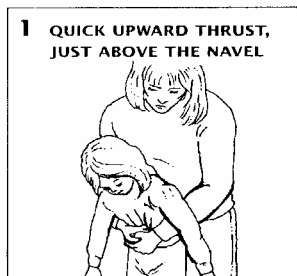
To be used when infant is unresponsive or when breathing or heartbeat stops.

1 OPEN AIRWAY <ul style="list-style-type: none"> Look for movement of the chest and abdomen Listen for sounds of breathing Feel for breath on your cheek Open airway as shown Remove foreign object if present; sweep it out with finger only if seen 	2 RESCUE BREATHING <ul style="list-style-type: none"> Position head and chin with both hands as shown Seal your mouth over mouth and nose Blow gently, enough air to make chest rise and fall two times 	<p>If no rise or fall, repeat 1 & 2. If no response, treat for obstructed airway. (See "INFANT CHOKING" steps 1 & 2 above.)</p>	3 FEEL FOR PULSE AS SHOWN <ul style="list-style-type: none"> Pulse present, continue 1 breath every 3 seconds No pulse, start chest compressions 	4 CHEST COMPRESSIONS <ul style="list-style-type: none"> Compress chest 1/2" to 1" Alternate 5 fast compressions with 1 breath Compress chest 100 times per minute 	<p>Check for return of pulse and breathing every minute.</p>
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FOR CHILDREN OVER ONE YEAR

CHILD CHOKING

Begin the following if the child is choking and is unable to breathe. However, if the child is coughing, crying, or speaking, DO NOT do any of the following, but call your doctor for further advice.



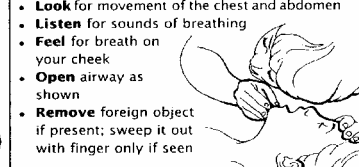
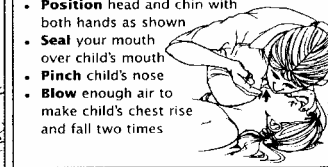

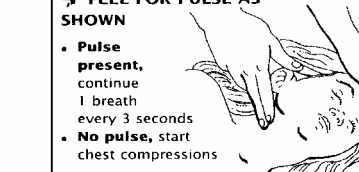
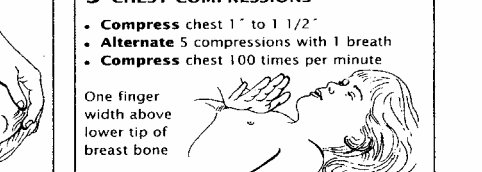
CONSCIOUS

If child becomes unresponsive or when breathing or heartbeat stops, begin CPR.

CHILD CPR

Cardiopulmonary Resuscitation

To be used when child is unresponsive or when breathing or heartbeat stops.

1 OPEN AIRWAY <ul style="list-style-type: none"> Look for movement of the chest and abdomen Listen for sounds of breathing Feel for breath on your cheek Open airway as shown Remove foreign object if present; sweep it out with finger only if seen 	2 RESCUE BREATHING <ul style="list-style-type: none"> Position head and chin with both hands as shown Seal your mouth over child's mouth Pinch child's nose Blow enough air to make child's chest rise and fall two times 	<p>If no rise or fall, repeat 1 & 2. If no response, treat for obstructed airway. (See "UNCONSCIOUS" step 3 below.)</p>
<p>UNCONSCIOUS</p> <p>3 THRUST UPWARDS IN MIDLINE JUST ABOVE THE NAVEL (up to 5 times)</p>  <p>Repeat child CPR steps 1-3 until chest rises and falls.</p>		
4 FEEL FOR PULSE AS SHOWN <ul style="list-style-type: none"> Pulse present, continue 1 breath every 3 seconds No pulse, start chest compressions 	5 CHEST COMPRESSIONS <ul style="list-style-type: none"> Compress chest 1" to 1 1/2" Alternate 5 compressions with 1 breath Compress chest 100 times per minute <p>One finger width above lower tip of breast bone</p> 	

The information contained in this publication should not be used as a substitute for the medical advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on the individual facts and circumstances.

If at any time an object is coughed up or the infant/child starts to breathe, call your doctor for further advice. Ask your physician for information on an approved first aid course or CPR course in your community.